

**ASSESSMENT OF NUTRITIONAL STATUS OF SHREE
SAHYOG SARSWATI VIDHYAMANDIR'S PRIMARY
STUDENTS, GANDHIDHAM-KUCHCHH**

**Dissertation for the Degree of Master of Science
Foods and Nutrition**

By

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Abstract: One of the greatest problems for India is under nutrition among children. The country is still struggling with this problem. Malnutrition, the condition resulting from faulty nutrition, weakens the immune system and causes significant growth and cognitive delay. Growth assessment is the measurement that best defines the health and nutritional status of children, while also providing an indirect measurement of well-being for the entire population.

Methods- A cross-sectional study, in which we explored nutritional status in school-age children and analyses factors associated with malnutrition with the help of a questionnaire, anthropometric measurements from January 2021 to March 2022 in Shree Sahyog Sarswati Sidhyamandir, Gandhidham, Kuchchh, Gujarat, India Presenting research was direct and indirect study. As well as the numerical and qualitative type of research will be.

Objective- 1)To assess the growth and development status of both school Boys and girls using physical measurement. 2) Assessing underweight stunting and gender wise nutritional. 3) To study food in nutrient intake an examine the relationship between food intake and nutritional status

Result :The mean height and weight of boys and girls in the study group was lower than the CDC (Centers for Disease Control and Prevention) standards in all age groups. Regarding nutritional status. There were total 75 students who were part of the in this study. There were

28 children 66.3% percentage were underweight. 34 (87.1%) were normal and 7(17.8%) were overweight and 5 case (17.24%) were obese.

Conclusion: Most of the school-age children in our study had a poor nutritional status. Interventions such as skills-based nutrition education, fortification of food items, effective infection control, training of public health care workers and delivery of integrated programs are recommended.

Keywords: Indian children, Growth monitoring, Health stutes, Malnutrition, School-age Children, Stunting, Wasting